

I CLAIM:

1. A method for washing utilizing a portable bidet comprising the steps of:  
providing a portable container having an exit;  
wherein said container is sized so as to be able to fit within a single human hand during use;  
providing liquid contained within said container;  
providing a nozzle coupled to said exit; and  
permitting a user to force said liquid, under pressure, through said exit and through said nozzle and onto one of an anal and a genital area of a user;  
wherein said step of permitting a user to force said liquid, under pressure, further comprises the step of providing a deformable said container so that pressure upon said liquid may be imparted by squeezing said container.
2. The method of Claim 1 wherein said container is disposable.
3. The method of Claim 1 wherein said container is primarily comprised of plastic.
4. The method of Claim 1 wherein said container is primarily comprised of wood pulp.
5. The method of Claim 1 wherein said container is bladder-type.
6. The method of Claim 1 wherein said container is upwardly tapered.
7. The method of Claim 1 wherein said nozzle is angled so as to facilitate aiming of said liquid.

8. A method for washing utilizing a portable bidet comprising the steps of:  
providing a portable container having an exit;  
wherein said container is sized so as to be able to fit within a single human hand during use;  
covering said exit with a seal;  
providing liquid contained within said container;  
providing a nozzle coupled to said exit;  
wherein said nozzle is insertable through said seal;  
permitting a user to force said liquid, under pressure, through said exit and through said nozzle and onto one of an anal and a genital area of a user; and  
wherein said step of permitting a user to force said liquid, under pressure, further comprises the step of providing a deformable said container so that pressure upon said liquid may be imparted by squeezing said container.
9. The method of Claim 8 wherein said nozzle is affixed to said container over said seal when not in use.
10. The method of Claim 8 wherein said nozzle is angled so as to facilitate aiming of said liquid.
11. The method of Claim 8 wherein said container is disposable.
12. The method of Claim 8 wherein said container is primarily comprised of plastic.
13. The method of Claim 8 wherein said container is primarily comprised of wood pulp.
14. The method of Claim 8 wherein said container is bladder-type.

15. The method of Claim 8 wherein said container is upwardly tapered.

16. A method for washing utilizing a portable bidet comprising the steps of:

providing a portable container having an exit;

wherein said container is sized so as to be able to fit within a single human hand during use;

providing liquid contained within said container;

providing a nozzle coupled to said exit;

permitting a user to force said liquid, under pressure, through said exit and through said nozzle and onto one of an anal and a genital area of a user;

wherein said step of permitting a user to force said liquid, under pressure, further comprises the step of providing a pressurized gas source to propel said liquid under pressure;

wherein said pressurized gas source is located in an interior portion of said container.

17. The method of Claim 16 wherein said container is an aerosol-type container.